MSPD
CONSULTING . CORPORATE TRAINING . PERSONNEL
Make your Dreams Come True

2016/17
Course Outline

MSPD Skills Development Programme

Managing Workplace Anxiety

Course Overview

- Learn about the tools needed to cope and deal with Workplace stress and anxiety.
- The Managing Workplace Anxiety Course will help you identify better ways to manage the challenges that the workplace can bring.

Learning Outcomes

This course will enable you to

- Recognising the difference between anxiety and common nervousness.
- Identifying different types of workplace anxieties.
- Recognising common trigger and accelerants.
- Recognising symptoms and warning signs

Course Outlines

- Identify different types of workplace anxieties
- Recognize symptoms and warning signs
- Illustrate ways of coping and managing problems
- Recognize the difference between anxiety and common nervousness